

# UNITED HOSPITAL

## Improving lives

### DEEP BRAIN STIMULATION THERAPY HELPS PEOPLE WITH PARKINSON'S DISEASE

**A**BOUT NINE YEARS AGO, Rose Weisgram, an active wife and mother of two teenage daughters, started experiencing constant and extreme fatigue along with an overall unwell feeling. This prompted her to seek medical answers for what was going on with her body. After several doctor appointments and medical evaluations, Weisgram was diagnosed with Parkinson's disease in 2002.

"After being diagnosed with Parkinson's disease, I lost the sense that I had control over my body and my life," Weisgram says. "I was living in a body that had become a frightening stranger and seemed to continually change, as I would feel OK one minute and lousy the next. I used to plan my life years in advance. Then it became difficult to make plans for even the next day."

In an effort to manage her Parkinson's disease, Weisgram was prescribed several medicines. At one point she was on 15 prescriptions just to keep "my body moving," she says. Weisgram had started to feel a gradual progression of the Parkinson's disease and was experiencing more pain and severe episodes of involuntary movements,



**Deep brain stimulation, performed at United Hospital, helped Rose Weisgram, diagnosed with Parkinson's disease in 2002, regain her speech and walking abilities, as well as greatly reduce her medicines.**

which made writing, walking and talking more difficult.

#### RELIEF FROM SYMPTOMS

With her neurologist, based in Fargo, N.D., at that time, Weisgram had been researching deep brain stimulation (DBS) for possible treatment of her Parkinson's disease. DBS is a surgical technique that involves precise, gentle insertion of insulated wires into key areas of the brain, which are subsequently linked to a pacemaker-like device. The system delivers controlled and adjustable levels of electrical signals to the brain to soothe symptoms of Parkinson's disease or tremors.

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UNITED HOSPITAL

Allina Hospitals & Clinics

## NEW PETER J. KING EMERGENCY CARE CENTER

# Construction is well under way

**A** MINNESOTAN SAYING jokes that there are only two seasons in the state: winter and the construction season. And from the corner of Smith and Grand avenues in St. Paul, you can definitely tell that construction season is here for United Hospital, because construction of the new Peter J. King Emergency Care Center is in full swing.

Recent outdoor changes include relocating the public Emergency Department (ED) entrance to Grand Avenue. This new entrance is also a shared entrance for the EDs of United and Children's Hospitals and Clinics of Minnesota – St. Paul. While temporary, the entrance will be in place until early 2011, when

the ED entrance will return to Smith Avenue. Also, the Ambulance Bay has a new, temporary location. Inside the hospital, a portion of the ED was moved to a new space, which resulted in an additional number of beds.


“While it’s exciting to see the physical changes taking place, we realize the constant state of construction can make a visit to the Emergency Department even more stressful,” says Bob Plaszcz, vice president, Operations, United Hospital. “Throughout the construction, we are continually looking at how we can make arriving and receiving care at the Emergency Department as easy and welcoming for patients as possible.”

Earlier this year, United Hospital brought its Guest Service team into the ED to assist with escorting patients, as well as identifying and solving guest service issues. This supports the ED’s focus on patient experience and customer service.

### OPEN DURING CONSTRUCTION

The ED continues to operate at full capacity during this expansion. Board-certified emergency doctors provide emergency care 24 hours a day, seven days a week.

If you have questions about United Hospital’s ED, please call 651-241-8755 or visit [unitedhospital.com](http://unitedhospital.com). Under

 *What’s New, select We’re Building a New Emergency Department. ♦*



# 2009 Service to Humanity Gala

**A** N SATURDAY, SEPT. 26, the St. Paul RiverCentre will once again be filled with glitz, glamour and giving hearts as the United Hospital Foundation hosts the 25th Service to Humanity Gala. The gala includes both live and silent auctions and a raffle for a Mercedes-Benz GLK 350 4MATIC from Sears Imported Autos. The event also includes dinner and dancing to The Sevilles, a well-known band in the Twin Cities.

The 2009 Service to Humanity Award honorees are Todd Hess, MD, medical director of United Pain Center and an anesthesiologist specializing in pain management, and Merry DeCourcy, a professional artist specializing in oil portraiture and a board member of The United Hospital Foundation. The Service to Humanity Award is presented to people associated with United Hospital who have demonstrated selfless dedication and exemplary leadership in improving the

health and welfare of St. Paul residents and the communities served by United Hospital.

More than 1,500 people are expected to attend, making it one of the largest and most successful fundraising events in the Twin Cities. Proceeds benefit the Peter J. King Emergency Care Center at United Hospital.

For more information or to purchase tickets, call 651-241-8022 or visit [unitedhospital.com/unitedfoundation](http://unitedhospital.com/unitedfoundation). ♦



## ALLINA'S COMMUNITY BENEFIT

# Going beyond the bedside

**U**NITED HOSPITAL is a part of Allina Hospitals & Clinics, whose mission reaches well beyond the bedside as its team of dedicated employees provides community benefit to improve the health status of the communities it serves.

## WHAT IS COMMUNITY BENEFIT?

Community benefit is a planned, coordinated and measured organizational approach to identify and respond to the health needs of our community.

“As a not-for-profit organization, the health of the communities in which we operate is essential to Allina’s mission and strategy,” says Penny Wheeler, MD, chief clinical officer, Allina Hospitals & Clinics.

One way Allina is giving back to the community is through its new Center for Healthcare Innovation at Allina. The Center researches new care models and treatments to transform health and health care and advance Allina’s strategic vision to improve patient care and serve as a catalyst for change in health care locally and nationally. Two key initiatives of the Center are the Backyard Initiative, which seeks to improve the health and health care of residents of a portion of south Minneapolis, and the Heart of New Ulm, which strives to eliminate heart attacks in the community of New Ulm,

Minn., within 10 years. The Center will continue to develop new innovations to improve the health of the communities served by Allina Hospitals & Clinics.

## HOW MUCH HAS ALLINA GIVEN BACK TO THE COMMUNITY IN 2008?

Allina’s total 2008 investment was nearly \$404 million, which is approximately 15 percent of Allina’s total operating expense. United Hospital has contributed nearly 71.4 million to benefit the health of the community.

Of that total contribution, \$156 million provided community benefits designed to lessen the health care burden for all in the community, as defined by two leading national organizations, Catholic Health Association and VHA. This includes charity care, which is caring for patients who are unable to pay, who have no health insurance, or for whom government-sponsored Medicare and Medicaid programs do not cover the full cost of services.

“At both the Allina and local level, we’re proud of the community benefit services we provide,” says Ellie Zuehlke, Allina’s director of community benefit. “We strive to partner with our communities to improve health and wellness of their members while providing care to all who need it.”

In 2008, United Family Medicine (UFM) was awarded more than \$4 million in grants from United

Hospital for the construction of a new clinic, which opened in March.

The Peter J. King Family Health Center, which houses UFM and a residency program, serves 12,000 patients with 43,000 annual visits. It is an independent, not-for-profit community clinic classified as a federally qualified health center, one of 17 federally qualified health centers in Minnesota. The clinic serves a medically underserved area and population, offers a sliding fee discount to low-income patients, and accepts Medicaid, Medicare and insurance carriers. ❖

## United Hospital receives nursing excellence honor

United Hospital has been honored with Magnet Recognition Program® by the American Nurses Credentialing Center (ANCC), making it one of fewer than five percent of all U.S. hospitals and one of just eight in Minnesota that have been designated a Magnet facility.

The program, established by the ANCC, recognizes health care organizations that demonstrate excellence in nursing practice and adherence to national standards for the organization and delivery of nursing services. The award is the highest level of recognition from the ANCC and is valid for four years.

For more information, visit United’s Web site at [unitedhospital.com](http://unitedhospital.com).





# Make a promise

Early detection of breast

**H**ERE'S A pledge that's well worth making: "I'll make an appointment to talk to my doctor about breast cancer screening."

You might be too busy to get to it today. That's OK.

So how does tomorrow look?

Why the urgency? When it comes to breast cancer, early detection offers women the best chance of surviving the disease, according to the American Cancer Society (ACS).

There are some things that increase your risk for breast cancer,

## The Breast Center of United Hospital

The Breast Center of United Hospital is a comprehensive program of screening, diagnostics, treatment and support services for women with benign and malignant breast disease. The Breast Center provides high-quality care from a team of professionals who nurture, support and respect the whole person, backed by the latest technology.

As the oldest dedicated breast health center in the Twin Cities east metro area, the Breast Center

provides and coordinates clinical care, health education and support in the areas of breast care awareness and screening, diagnostics, treatment planning, and onsite surgical consultation. Our radiologists are all board-certified and trained in breast imaging to provide the expertise and skill crucial to the detection of breast cancer.

A unique part of our care team is the nurse clinician. She is an advanced practice nurse with

education and experience in caring for women with breast disease. She can answer questions, offer emotional support, and help find other resources appropriate for the woman and her family during treatment and recovery.

The Breast Center is located in Suite 600 of the Garden View Medical Building on 347 N. Smith Ave. in St. Paul. To make an appointment or

for more information, call 651-241-8300 or visit [allina.com/breastcare](http://allina.com/breastcare).



# mise

cancer truly matters

such as your age or having close relatives with the disease. But at the same time, most women who get breast cancer don't have any risk factors at all, says the ACS.

That's why talking with your doctor is so important—you can discuss your personal risk and decide what's best for you.

Screening can provide peace of mind. Don't delay your next mammogram.

Is your 40th birthday around the corner? If so, talk to your doctor about beginning regular

## Comprehensive cancer care in one location

The new Saint Paul Cancer Center (SPCC), a joint venture of United Hospital and Minnesota Oncology, is St. Paul's only comprehensive, integrated cancer center—meaning that essentially all of the outpatient cancer care a patient might need is provided at a single location.

Together with United Hospital's surgical facilities, the new center completes a total cancer care environment, with each organization drawing on its own expertise and resources to offer optimal cancer care.

In addition to clinical services, patient support is provided through

the onsite presence of a social worker, nutrition therapist, patient care navigator and patient financial counselor, as well as services from the American Cancer Society, including regular Look Good, Feel Better classes.

The SPCC comprises the entire first floor of the Ritchie Medical Building, across from United Hospital, located at 345 Sherman St., Suite 100, in St. Paul. For more information about Cancer Care Services at United Hospital, call 651-241-5525 or visit [unitedhospital.com](http://unitedhospital.com). Click on *Services and Programs* and select *Cancer Care Services*.

mammograms to screen for breast cancer. If you're overdue for one, schedule it as soon as possible.

**Advice for younger women.** Even if you're in your 20s or 30s, you can take steps to protect yourself. Become familiar with how your breasts look and feel, and report any changes to your doctor. And be sure to have

regular medical visits that include breast exams by your doctor.

### A little reminder

You can go to the ACS Web site at [www.cancer.org](http://www.cancer.org) and enter "mammogram reminder" in the search box to access a service that can send a screening reminder by e-mail to you or a loved one. ❖

## Your mammogram: What are doctors looking for?

Women who get timely mammograms are enlisting a powerful tool to guard against breast cancer.

These tests can help spot breast cancer early, long before it causes symptoms, when treatment works best.

After your mammogram, a radiologist will examine your images for any abnormal areas.

These images can reveal tissue changes, including:

**Calcifications.** These mineral deposits appear as white spots on

a mammogram. Larger spots are usually harmless changes, often related to aging. However, groups of tiny, white specks are sometimes signs of cancer.

**Masses.** Various lumps and masses may also be found, including fluid-filled cysts or other noncancerous growths. The size, shape and edges of a mass can be important. For example, noncancerous masses often have well-defined edges, rather than irregular ones.

### Reassuring news

If something suspicious is found, try not to worry too much. In the vast majority of cases, it isn't cancer.

More testing—such as another mammogram, an ultrasound or a biopsy—may be needed.

According to the American Cancer Society, when women need more testing, only 8 to 10 percent of those women end up needing a biopsy—and 80 percent of those biopsies are negative.



# UNITED HOSPITALS

If you do not find the program or class you're looking for in this listing, call offerings at other Allina hospitals or visit [allina.com/classes](http://allina.com/classes).

## VOLUNTEER OPPORTUNITIES

Volunteers serve patients and staff and greet visitors at United. Call 651-241-8644 or visit for an application.

## CANCER

### The Breast Cancer Support Group

First Tuesday of every month

Call 651-241-5360 for more information.

### Reach to Recovery

This American Cancer Society program offers one-on-one support for women or men who have had a mastectomy or lumpectomy. Breast cancer survivors visit United Hospital patients after surgery to provide encouragement and support. Volunteers can also be contacted before surgery, hospital visitation or the return home. Call 651-241-6408 for more information.

### Prostate Cancer Support Group

First Thursday of every month

John Nasseff Medical Center, Miller Room

Call 651-241-8328 for more information.

## HEALTH IMPROVEMENT

Our Health Improvement courses are offered at the Milton M. Hurwitz ExerCare Fitness Center, located at 361 Walnut St. For more information, call 651-241-8080.

### BOSU Balance Trainer

Mondays and Wednesdays

■ beginner, 9:45 a.m.

■ intermediate, 5:15 p.m.

BOSU integrated balance training improves strength, stability and flexibility.

### Muscle Shop

Ongoing, Mondays and Wednesdays

Uses weights, bands and other equipment to tone all major muscle groups. Moderate intensity; no impact.

### Pilates

Pilates strengthens the core by developing pelvic stability and abdominal control.

### Yoga

This 75-minute class includes instructions for components of yoga postures, breathing techniques, relaxation and guided imagery.

## HEART

### HeartSaver/CPR Class

Weeknights

A 2½-hour (noncertified) course for patients and families to learn CPR and the use of AEDs.

### The Women's Heart Center

Tuesday or Thursday two-part appointment, \$95

A personalized assessment for women to determine risk for heart disease.

To register, call Jodi Denker at 651-241-8108.

## NEUROSCIENCE

### Brain Tumor Support Group

Second Monday of every month

7-8:30 p.m.

Dinner provided: 6-7 p.m.

Education and support for people whose lives have been affected by brain tumors. For more information, call 651-241-8575.

### Stroke Support Group

Second Thursday of every month

Garden View Medical Building, Conference Room

The Sister Kenny® Rehabilitation Institute offers support groups for stroke survivors and their families. For more information, call 612-863-4996.

## ORTHOPEDICS

### Total Knee and Hip Replacement Program

The three-hour program is offered twice each month to help you

learn about preparing for surgery and recovery afterward. For more information, call 651-241-5390.

## CHILDBIRTH AND PARENTING

United offers a variety of pregnancy, birth and parenting classes and support groups. Registration is required. Call Allina Class Registration at 1-866-904-9962, or visit us online at [allina.com](http://allina.com).

### All About Babies

Weekend days

One-session class for parents or grandparents about how to care for a newborn.



If you do not find the program or class you're looking for in this listing, call Allina Class Registration at 1-866-904-9962 for information about offerings at other Allina hospitals or visit [allina.com/classes](http://allina.com/classes).

# PITAL

1-866-904-9962 for information about

GET MOVING

## Milton M. Hurwitz ExerCare Fitness Center

Did you know that United Hospital offers the only medical fitness center in the St. Paul area with its Milton M. Hurwitz ExerCare Fitness Center?

ExerCare, a program of United Hospital, is an ideal place to exercise and is open to anyone, regardless of whether you have a health condition. As a member of ExerCare, you will enjoy state-of-the-art exercise equipment and a comfortable atmosphere. Unlike other local fitness centers, ExerCare has clinically trained staff to help you work toward your personal goals, provide education and guidance for healthful lifestyle habits, and assist you with medical management as warranted.



The Milton M. Hurwitz ExerCare Fitness Center is located at 362 Walnut St. on the United Hospital campus. For more information, call 651-241-8080.

### Breastfeeding Preparation

#### Weeknights

This is a one-time session offered twice a month.

### Childbirth and Parenting Preparation

#### Weeknights and weekends

Call for dates and times.

Prepares expectant parents for birth and newborn parenting.

### Expectant Father

#### Weeknights

One-session class for fathers-to-be.

### Expectant Grandparents

#### Weeknights

One-session class to learn about changes in prenatal care, labor and birth, and parenting.

### Expecting Multiples

#### Call for dates and times.

Five-session birth preparation class for parents expecting more than one baby.

### Father and Baby

#### Weeknights

Three-session class for fathers and their newborns.

### Infant and Child CPR

#### Weeknights and weekends

One-session class offered twice a month. Learn resuscitation methods for infants and children younger than 8 years old.

### Infant Massage

#### Weekday afternoons

Call for dates and times.

Three-session class, held quarterly, designed for parents and children from 3 weeks to 4 months old.

### New Brother/New Sister

One-session class, held once a month to help children ages 2½ to 10 understand what it's like to have a new brother or sister.

### New Parent Connection

#### Tuesdays, afternoons

Offers education and support for parents and babies up to 4 months. For more information, call the instructor at 651-241-6204.

### Refresher Birth and Parenting Preparation

#### Saturdays

One-session class for those who have given birth within the past five years. Fee includes "New Brother/New Sister" class.

### The Birth Center Tours

#### ■ every Monday, noon

#### ■ two weekend tours every month,

1:15 p.m.

#### ■ one evening tour a month, 7 p.m.

Call Allina Class Registration at 1-866-904-9962 for more information.

### Postpartum Depression Support Group

#### Wednesdays

Call 612-863-4770 before first visit or for more information concerning group and location.

### Pregnancy After a Loss Support Group

#### First and third Mondays

#### Garden View Medical Center

Call 651-241-6206 before your first visit or for more information.

### Pregnancy and Infant Loss Support Group

#### Second and fourth Mondays

For parents who have experienced miscarriage, stillbirth or infant death. Please call 651-241-6206 before your first visit or for more information.

## WEIGHT LOSS

### Weight-Loss Surgery Information

The Bariatric Center of United Hospital offers patients opportunities to discuss their experience with others who have undergone bariatric surgery for weight loss during regular support group meetings in St. Paul and Lake Elmo. Weight-loss surgery is for people more than 100 pounds overweight. The class is free. Materials cost \$20, payable by personal check or cash only.

### Public Seminars on Cataracts

#### ■ Tuesday, Sept. 29, 1-3 p.m.

#### Apple Valley Medical Center

The topic will be cataract surgery and regaining youthful vision with less dependence on glasses, as well as an overview of macular degeneration and treatment.

#### ■ Tuesday, Oct. 20, 5-6:30 p.m.

#### Apple Valley Medical Center

The topic will be cataracts and cataract surgery.



To register or for more information about either seminar, call 651-645-3997.



Information in HEALTHY COMMUNITIES™ comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care practitioner. Models may be used in photos and illustrations. HEALTHY COMMUNITIES™ is UNITED HOSPITAL's edition of LIFE AND HEALTH.

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# Improving lives

—Continued from front page

DBS can effectively suppress many of the debilitating symptoms resulting from Parkinson's disease, including tremors, rigidity, stiffness and mobility problems.

Eventually, Weisgram was connected with Peter A. Pahapill, MD, PhD, medical director, United Neurorestoration Center, and Jawad A. Bajwa, MD, medical director, United Deep Brain Stimulation Program for Movement Disorders.

"After my husband, Gary, and I met with these two doctors, I was convinced that I had some angels looking over me," Weisgram says. "I knew that this DBS surgery was what I needed to get my quality of life back."

Weisgram underwent DBS surgery at United Hospital in St. Paul. Pahapill performed the first surgery, which involved placing a DBS lead into her brain in late February. He also performed the second surgery, which was conducted on an outpatient basis in early March to place a pulse generator in her chest.

Following the surgery, Weisgram went through rehabilitation with Sister Kenny® Rehabilitation Institute at United Hospital. This comprehensive rehabilitation program includes a specialized network for initial and ongoing DBS adjustment needs. This inpatient DBS rehabilitation program is the only one of its kind in the Midwest. Weisgram also has regular check-up appointments with Bajwa to ensure she is receiving the most relief possible for her symptoms.

## A LIFE REBUILT

Within a couple months after her surgery, Weisgram regained her speech and writing abilities and was walking again. Her medicines have been reduced by 75 percent.

"It's incredible how much you get back," Weisgram says. "Never in a million years did I think Parkinson's disease would be a part of my life at age 40. Now, at 47, I am beginning a new phase of my life—to rebuild my life in a new and meaningful way."

Neuroscience United's DBS program provides DBS therapy as part of a comprehensive, multidisciplinary treatment program for optimal control of

## HOW TO REACH US

**General patient and visitor information:** 651-241-8000  
**Emergency Department:** 651-241-8755  
**Milton M. Hurwitz**  
**ExerCare Fitness Center:** 651-241-8080  
**Allina Class Registration:** 1-866-904-9962  
**Billing:** 612-262-9000

For hospital information and services, visit [unitedhospital.com](http://unitedhospital.com).

the symptoms of Parkinson's disease, essential or familial tremor, and dystonia. Neuroscience United is one of only 30 centers nationwide providing DBS for dystonia and torticollis.

To learn more about DBS at United Hospital, call 651-241-6550 or visit [unitedhospital.com](http://unitedhospital.com). Click

 on *Healthy Communities Magazine* under *Helpful Links*. ❖

For more information, visit [allina.com](http://allina.com) and click on the *Conditions & Treatments* tab.



**Peter A. Pahapill, MD, PhD, medical director, United Neurorestoration Center, performs deep brain stimulation**

**surgery at United Hospital in St. Paul. He is also a neurosurgeon at United Neurosurgery Associates. Throughout his career, he has performed more than 1,000 neuromodulation procedures.**